

# Bay City, Flint, Mt Pleasant, Owosso, Sheridan



## December 4th Holiday Walk

Enjoy Applewood's Holiday Charm as we take part in the Flint Cultural Center's Annual Holiday Walk. *Tentative event date and time yet to be confirmed. TBA*

Instructions: no reservations needed

Go to [www.applewood.org](http://www.applewood.org)

or call (810) 233-3031 for more information

### Bay City & Flint

McLaren Regional Medical Center

Bay City Employees:

Call (989) 894-3936  
for class info

Flint Employees:

Call (810) 342-5353  
for class info

**Healthwise University**  
Community Education

### Mt. Pleasant

MidMichigan Health Park

4851 East Pickard St

Check for Aquatic Exercise &  
Pilates Exercise Classes

MidMichigan  
Health Line

1 (800) 999-3199

[www.midmichigan.org](http://www.midmichigan.org)

MidMichigan  
Health Education  
Classes

[www.midmichigan.org/](http://www.midmichigan.org/)

### Owosso

**FREE lectures, support  
groups, wellness events, PACE  
exercise, health screenings**

**Memorial Healthcare**

(Check event info for locations)

[www.memorialhealthcare.org](http://www.memorialhealthcare.org)

### Sheridan

#### Diabetes Support Group

(First Wednesdays)

1:30-2:30 pm

Bring along a family member or friend.  
For more information, email Kim Christensen  
at [kimc@sheridanhospital.com](mailto:kimc@sheridanhospital.com)  
or call 989-291-3261, ext. 240  
[www.sheridanhospital.com/](http://www.sheridanhospital.com/)



**Hurley Health & Fitness Center**  
Check for fitness opportunities